



CITY OF LAKE FOREST

THE CLUBHOUSE **VIRTUAL** CALENDAR



www.lakeforestca.gov/seniors | www.facebook.com/lakeforest.clubhouse | JUNE / JULY / AUG 2020

bingo thursdays



Feeling lucky? Join us for virtual games of bingo beginning Thursday, June 18! Games will be from 10 AM - 12 PM.

All participants will need to register online at www.apm.activecommunities.com/lakeforestcarec. (Act#: 8797)
Space is limited. Webcam access is required for all participants.



CLUBHOUSE CHAT LINE

NEED TO CHAT? WE'RE HERE FOR YOU!

The Clubhouse Chat Line provides a one-on-one ten minute phone call with a Clubhouse team member to tell us about your day, hear a joke, or anything else you may want to chat about! Please call The Clubhouse at (949) 461-3408 to schedule your Clubhouse Chat appointment time.

The Clubhouse Chat Line is available every Tuesday from 10 AM - 11 AM beginning June 16!

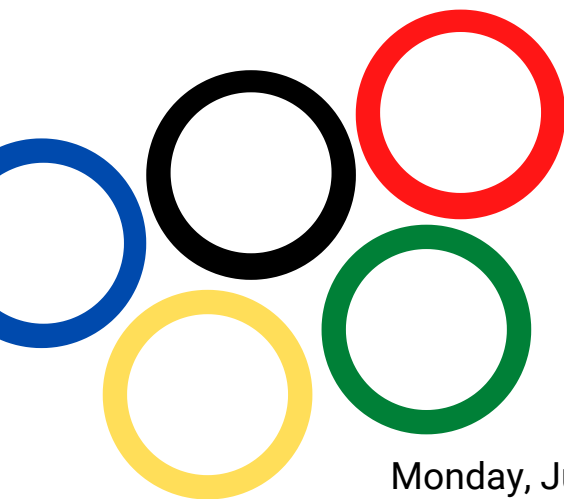


VIRTUAL EXCURSIONS & SPECIAL EVENTS



Take a virtual ride and visit these fun excursion locations!
No registration is necessary. Please type the specific website of interest into your internet browser search bar to view the virtual experience!

Aquarium of the Pacific | www.aquariumofpacific.org/news/aquariumacademy
Centennial Farm Pig Cam | www.ocfair.com/centennial-farm/pig-cam
Los Angeles Zoo | www.lazoo.org/zootoyou
Monterey Bay Aquarium | www.montereybayaquarium.org/animals/live-cams
NASA at Home | www.nasa.gov/specials/nasaathome/index.html
National Museum of Natural History | www.naturalhistory2.si.edu
Petersen Automotive Museum | www.petersen.org
San Diego Zoo | www.zoo.sandiegozoo.org/live-cams
Smithsonian's National Zoo | www.nationalzoo.si.edu/webcams
The Getty Museum | www.artsandculture.google.com/partner/the-j-paul-getty-museum
The National Gallery of Art | www.nga.gov/education/digital-education-resources.html



THE CLUBHOUSE 4TH ANNUAL PRIMETIMER GAMES

VIRTUALLY PLAY WITH CLUBHOUSE FRIENDS!

Monday, June 8 | Get outdoors and find your favorite nature scenery!
Tuesday, June 9 | Cook your favorite healthy dish! Bon appetite!
Wednesday, June 10 | Get crafty! Make something for yourself or a loved one.
Thursday, June 11 | What's your passion? Do something that you enjoy.

PLEASE EMAIL YOUR PARTICIPATION PHOTOS TO CWYSOCKI@LAKEFORESTCA.GOV
FOR ANY QUESTIONS PLEASE CALL COURTNEY WYSOCKI, SENIOR RECREATION SUPERVISOR, AT (949) 461-3439



HEALTH & WELLNESS

Clubhouse Chat Line

Need to chat? We're here for you!

Date & Time: Every Tuesday from 10 AM - 11 AM
beginning June 16

Call: (949) 461- 3408 to schedule your
one-on-one 10 minute phone call

HICAP

(Health Insurance Counseling & Advocacy Program)

Get to know what benefits and services you're
entitled to and how the health care system works.

Date & Time: Tuesday, June 9, July 14, and August 11
from 10:30 AM - 1:30 PM

Call: (949) 461- 3408 to schedule your 1-hour
phone call appointment

Java with Jen

Receive free information on how Medicare works.

Date & Time: Wednesday, June 3, July 1, and August 5
from 11:30 AM - 1:30 PM

Call: (949) 461-3408 to schedule your 30-minute
phone call appointment

Legal Aid

Obtain free legal advice on government benefits,
health, housing, consumer programs, and elder abuse.

Date & Time: Thursday, June 4, July 2, and August 6
from 10:30 AM - 1:00 PM

Call: (949) 461-3408 to schedule your 30-minute
phone call appointment



Book Club

Love to read? The Book Club is for you! Join your Clubhouse friends and discuss assigned books at a monthly virtual meeting. To join the Book Club, please email Courtney Wysocki, Senior Recreation Supervisor, at cwysocki@lakeforestca.gov.

June 18: *Kitchens of the Great Midwest* by J. Ryan Stradal

July 16: *The Women in the Castle: A Novel* by J. Shattuck

August 20: *The Bridge Ladies* by Betsy Lerner

Crafty Crafters

Feeling artsy? Join the Crafty Crafters program and receive your own take home craft kit! To sign up for Crafty Crafters, please call The Clubhouse at (949) 461-3408. Craft kit pick-ups are the third Monday of every month between 10 AM - 11 AM at The Clubhouse.

June: Tissue Paper Flower Pens

July: Bee Planter Pots

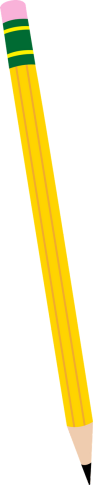
August: Chia Pets



Email a photo of your completed crafts to Courtney Wysocki at cwysocki@lakeforestca.gov!



EMERITUS CLASSES



Emeritus Classes are offered for active seniors through partnerships between the City and Irvine Valley and Saddleback College. The courses offered are especially designed to meet the educational and recreational interests of the 50+ population. During the current summer semester, each college offers the following courses in an ONLINE-ONLY format:

Irvine Valley College

Art Media (Beading)
Dyna-Band Workout
Country Line Dance
Physical Fitness
Pilates
Tai Chi
Yoga

Saddleback College

Advanced Creative Writing
Advanced Practical Spanish
Beginning Practical Spanish
Intermediate Practical Spanish
Life & Technology Integration for Older Adults


Registration is required for all Emeritus Classes directly through the colleges.

For more information regarding Irvine Valley College's Emeritus offerings, visit <http://academics.ivc.edu/emergitus>.

For more information regarding Saddleback College's Emeritus offerings, visit <https://www.saddleback.edu/emergitus>.

The next session of Emeritus Classes will begin in the fall of 2020. The next City newsletter will detail each class offering and how to enroll.

Please contact Courtney Wysocki, Senior Recreation Supervisor, at (949) 461-3439, or cwysocki@lakeforestca.gov with any questions regarding Emeritus.



TRANSPORTATION SERVICES

The City of Lake Forest offers door-to-door transportation to Lake Forest senior residents via Age Well Senior Services (AWSS) and CA Yellow Cab.



To qualify for CA Yellow Cab, you must be a Lake Forest resident, 60 years of age or better, and do not drive or own a vehicle.

CA Yellow Cab

Cost: \$3.00 One Way (\$6.00 Round Trip)

Within Lake Forest city limits to non-emergency medical appointments, socializing, movies, etc.

Cost: \$7.00 One Way (\$14.00 Round Trip)

To and from non-emergency medical appointments to Saddleback Memorial Hospital, Mission Hospital, South County Orthopedic Specialist, Kaiser Hospital (Irvine), and Hoag Hospital (Irvine).

Age Well Senior Services Bus Service

(This service is currently suspended until The Clubhouse reopens due to COVID-19)

Cost: \$0.50 One Way

From your residence to The Clubhouse Monday through Thursday, 10 AM to 2 PM

To apply for Senior Transportation, you must have a current DMV Identification Card verifying you are a Lake Forest resident and of qualifying age.

For more information or an application, please call The Clubhouse at (949) 461-3408



NEED TO KNOW NUMBERS & RESOURCES

AARP.....	888-687-2277
Access (Reservations/Info).....	877-628-2232
Access (Eligibility).....	714-560-5956
Age Well Senior Services, Inc.....	949-855-8033
City of Lake Forest City Hall.....	949-461-3400
City of Lake Forest – The Clubhouse.....	949-461-3408
Council on Aging.....	714-479-0107
Elder/Disabled Adult Abuse.....	800-451-5155
Hazardous Waste, Disposal of Expired & Unused Medicine, & Old Cell Phones.....	714-834-4000
HICAP Services.....	800-434-0222
Human Services Info.....	2-1-1
Irvine Valley College/Emeritus.....	949-367-8343
Meals on Wheels.....	949-380-0155 x12
Medicare Fraud Hotline.....	800-447-8477
Non-Disabled Housing Info.....	714-480-2864
OCTA (Transportation).....	800-636-7433
Office on Aging.....	800-510-2020
Orange Caregiver Resource Center.....	800-543-8312
Saddleback College/Emeritus.....	949-582-4835

JUNE 2020

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AUGUST 2020

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9	10	11 10 AM CLUBHOUSE CHAT LINE HICAP	12	13 10 AM VIRTUAL BINGO	14	15
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16	17 10 AM CRAFTY CRAFTERS	18 10 AM CLUBHOUSE CHAT LINE	19	20 10 AM VIRTUAL BINGO	21	22
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23	24	25 10 AM CLUBHOUSE CHAT LINE	26	27 10 AM VIRTUAL BINGO	28	29
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30	31					
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